



A profoundly simple way to a better life experience



## The NPA Process:

Answer Q1 or Q2  
(whichever feels appropriate)

**Q1... What are you experiencing, that you would like to allow to pass?**

**Q2... What are you not experiencing, that you would like to allow to come?**

Your response to the Q1 or Q2 is a 'spew'. Let it be your natural, unedited and as un-self-conscious as possible expression.

Within that, notice what 'pops out' and let that be your answer to the question.

Say the following sentences out loud, using your answer to fill in the blank in the statements below. Stay present to your experience, as you say the words...

**This \_\_\_\_\_**  
**This Energy of \_\_\_\_\_**  
**This Pure Energy of \_\_\_\_\_ is not personal**  
**This Pure Energy of \_\_\_\_\_ is not personal**  
**This Pure Energy of \_\_\_\_\_ is not personal**  
**And I am willing to experience it**

Now be inwardly still. Let go and give yourself space to simply be with your experience. Whatever emotion, sensation or thought arises, be still until you feel a natural completion.